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ORIGINAL VALLEY PENNYSAVER

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WANTED: Bands to play at Valley Fest August 29 Time slots available from 11am-7pm. Call 518-673-0141 for more information. Proceeds will benefit our local communities

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#### July 18, 2015

#### Hello Again,

In one of the bygone years, a U.S. Senator said, "My opponent is not fit to carry swill to the swine."

Opposing party member senators cried, "Order, order," and the Senator was told to apologize. He quickly replied, "I apologize. The Senator is absolutely fit for the duty I suggested."

When Sarah Palin was running for Vice President of the United States, a widely read if not respected columnist in a daily newspaper was so unbelievably nasty, thoughtless, even absolutely careless with the truth, he abused the privilege of being called stupid. And the amazing part in this tale — the management of that daily newspaper allowed his tripe to be published.

The pastor of a country church was preaching about the prodigal son. He pointed at Mr. Brown and said, "Mrs. Brown, would you please wake up your husband?" Mrs. Brown snapped back - "Pastor you put him to sleep. You wake him up."

Our country has so many great persons it would be nearly impossible to include half of them in a volume of books. One of these is a radio comic -Garrison Keillor His famous radio program is "Prairie Home Companion". I'm sure you have listened to his chatter and messages in song. It has been said that his face is so homely, it is perfect for the radio.

My wife and I are great fans of his program concerning his imaginary hometown Lake Wobegon. He has babbled on for years about Wobegon and everyone still looks forward to the next. He has his own tone of voice and his singing is extra special.

We have attended his public shows. What a wonderful entertainer. We particularly enjoy his skits about his imaginary hometown of Lake Wobegon. He is a master at changing no-meaning words into something of great

importance. What a politician he could be true. become — or better yet — a speechwriter for Hillary and our president. They could talk for half an hour and end up not saying anything that anyone would have the ability to interpret.

Now it's hard to believe attempting to put a little punch into one of his radio programs he created a village named Wobegon. The crazier he created an imaginary scene, the better the radio audience loved it. They practically demanded more about Wobegon and its people.

Often I have thought of creating some imaginary person or village and dreaming up a few short stories to paint into the imagination of readers. I have tried on a few occasions but usually got hung up on some politician. How could I possibly conjure up a fictitious person who would be so caught up in Irish blarney as Mrs. Clinton or our president?

Will Rogers, an old time humorous writer and comedian, could find enough humor concerning Washington politicians to entertain a nation of readers.

The confusing part of our present government and the leadership is that it's not merely confusing but sad and worrisome, creating no humor.

What's new in the International news picture? Everyday the Associated Press presents a tough guy stand by the European Union concerning Greece and its debt problem. Today's headline states "Greeks get last-minute chance."

Putting it mildly, something is starting to stink. The members of the European Union are posturing as if they are trying to save Greece and Greece is not bowing to their plans. Is it not possible that like it or not Greece is actually in the driver seat? They owe so much money that the European powers and financial groups worldwide can not let Greece go under and the leaders of Greece know this to

This financial situation reminds me of a story, which happened near the end of our own Great Depression. The owner of a car dealership went to his banker and said I want to borrow \$900 cash to go to Florida for two weeks. The banker puffed out his chest and said, "No — we don't think you should go to Florida with all the money you still owe this bank."

With that, the car dealer owner reached into his pocket tossing out a ring of keys - said now you're in the garage business and headed back out of the bank. The banker chased him up the street and said — you can have the \$900.

It appeared the bank could not afford to foreclose on the garage owner. Doesn't this letter sort of explain why with all their posturing the European Union and the financial involved banks in the world cannot let Greece go belly up?

Is America setting itself up for a great fall? One that will give other countries a controlling voice in how we live? Can we continue to vote people into the presidency who believe the government should have total control of our economy? By raising more taxes, creating regulations to collect penalties and borrowing money our great grandchildren can pay back?

Is our government policy of spending billions of dollars more than we take in - causing us to borrow so we can remain operationa l- set this greatest of cultures up to become another Greece? How will we react if countries such as China, Japan, the European countries etc., actually have control or at least a voice in how we do business, and whom we do business with? Will some future generation throw their keys in and say take our country?

This morning, on the way into our Palatine Bridge office, I stopped at the Hungry Bear Café. I arrived a little too early as none of the dirty half dozen were there. About 6:15 a.m., they



he was going back into the Red Chicken Business. He likes brown eggs. He dressed up his chicken coupe to accommodate the whole flock of eight hens. Not nine, not seven -Carm said he could make a fortune selling eggs as prices are skyrocketing — wow eight eggs everyday, big bucks.

A more normal chatter would be fixing up the tailgate of a 1957 Chevy pickup truck or how to get an Onan Generator to gen or how to clean a carburetor that won't carb? Even questions about pistons that don't work so pretty good either.

Remember Folks when the little red bike wanders by, wave. It will make him smile — the driver will wave too if he sees you in time.

God bless you and your family. Go to church on Sunday. Remember that this country was established by your God believing forefathers and those who don't believe that need to go back to the 3rd and 4th grade and stay awake during history lessons.

Fred Lee and the Lee Family



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## In Defense of Okra

#### by Angela Shelf Medearis

The words "slimy," "gelatinous" or "mushy" aren't associated with very many vegetables... except when one is discussing okra. Okra was introduced to America via African slave ships and was commonly known as gumbo, which means okra in some African dialects. African captives planted and prepared okra dishes from their native land and combined them with vegetables that grew in America. Today, okra is as Southern as sweet tea, but it has spread around the United States and also prepared in Indian and Middle Eastern cuisines.

Okra pods are at their best from late June through September. Because okra thrives in hot climates and requires full sun, it stores a thick, watery liquid inside its pod. This flavorful, gelatinous liquid is the perfect thickener for soups and stews.

Okra is a rich source of dietary fiber and is a good source of vitamins and minerals. These include vitamin A, B, C and K, as well as zinc, copper, potassium, manganese and magnesium.

Okra is at its most flavorful when its pods are small, tender and slender. For roasting, frying or grilling, select pods that are 1 to 4-inches long. Longer pods tend to be tough, and should be used only for long stewing methods like soups, stews and gumbos.

- 1 tablespoon freshly squeezed lemon juice
- 2 cups chopped Romaine lettuce
- 2 cups arugula

1. Place shrimp in small bowl and sprinkle with  $1/2\,$ tablespoon of olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper and 1/4 teaspoon red pepper flakes. Combine well and set aside.

2. Heat a large, cast iron skillet over medium-high heat for 1-2 minutes. Cut okra pods in half, lengthwise. Add 2 tablespoons olive oil to skillet. Add okra, remaining 1/2 teaspoon salt and pepper, and red pepper flakes, and saute over medium-high heat 3 minutes. Add tomatoes, vinegar and sugar, and saute 3 minutes or until skins begin to burst. Transfer okra mixture to a large bowl.

3. Add shrimp to skillet. Saute 2-3 minutes or just until the shrimp turns pink. Add garlic and saute 30 seconds. Stir in okra mixture, and saute for 1-2 minutes or until hot. Stir in the basil or parsley. Sprinkle with lemon juice.

4. Place Romaine and arugula into individual salad bowls or on a large serving platter. Spoon shrimp and okra mixture on top of lettuce. Serve with wedge of lemon. Serves 4.

Angela Shelf Medearis is an award winning children's author, culinary historian and the author of

seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com . To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Choose okra pods that are fresh, bright colored, firm and have a bit of fuzz. The stem ends turn brown quickly, and this is normal; however, there shouldn't be brown spots or wrinkling on the pods. Okra should be stored loosely wrapped in a plastic bag in the crisper section of the refrigerator and used within a few days.

To avoid the slimy texture that's often associated with okra, follow these simple tips:

- Wash and dry the pods thoroughly before using; • Use the whole pod, or wait to cut the okra until im-
- mediately before using; • Use the whole pod for quick cooking methods -
- grilling, roasting, frying to reduce slime; · Don't crowd the okra, as it promotes steaming and extracts the liquid inside; and
- Adding acid (citrus, tomatoes, vinegar, etc.) to okra reduces the interior liquid and adds flavor.

My recipe for okra roasted in a cast iron skillet is a simple technique that beautifully showcases okra in a warm salad in all of its summer glory.

Skillet Roasted Okra and Shrimp Salad

• 1 pound peeled, large (26-30 count) raw shrimp, deveined

- 3-1/2 tablespoons olive oil, divided
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 pound fresh okra, rinsed and dried thoroughly
- 1 pint grape tomatoes
- 1 tablespoon Balsamic or apple cider vinegar
- 1/4 teaspoon sugar • 3 garlic cloves, minced
- $\bullet\ 2$  tablespoon chopped fresh basil or flat-leaf parsley

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## Fort Plain's 4th on the 3rd better than ever!

#### by Elizabeth A. Tomlin

A reported attendance of over 3,000 people celebrated the 4th on the 3rd in Fort Plain, and compliments for the event were many.

"I've seen this event grow and become more popular over the years," said Pete Vroman of Canajoharie. "This year the weather, the music, the food, the crowd and the fireworks were awesome!'

The event, which is run by volunteers of the Fort Plain Community Activities Council, was dedicated this year to Village Trustee Loring Dutcher for his 46 years of service to the community. U.S. House of Representatives Congressman Chris Gibson, local politician Pete Vroman, New York State Senator George Amedore and Montgomery County Executive Matt Ossenfort were on hand to congratulate him and speak in his honor.

"It's very appropriate that we would honor Mr. Dutcher." stated Gibson. "In good times and in challenging times Mr. Dutcher has been there at the center of this with the leadership of this village and community fighting for us.'

Member of the U.S. Armed Forces were also honored, followed by a 21-gun Salute and speaker Dawn Lamphere spoke to the group. "The the flag." Lamphere also

fourth of July is a day to read a moving account honor and remember the from John McCain's

lowed by local sensations, Jocelyn and Chris Arndt. In the midst of bounce

where folks were filling "2 years ago I wanted to up bags of free books for Fort A11 summer reading.



A 21 gun salute honored veterans followed the memorial service honoring those in the Armed Forces who fight and have fought to keep the United States free.

men and women, who more often than not. were still standing in the shadow of childhood when they were called upon to serve their country and answer the call to follow

Faith of Our Fathers. Entertainment was not lacking as Country Rock band True Grit Outlaws and the ever popular Spike and the Boys provided hours of music folhouses, vendors selling all kinds of clothes, jewelry and everything else imaginable: a crowd formed around the Central Mohawk Valley Lions Club Book Give Away,





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## Fort from A12

do something to promote literacy and reading," said Lions' member Pat Armitstead. "So, I approached the New York State Literacy organization in Gloversville." Armitstead said she has been collecting books for the event ever since. This year attendees at the event were more receptive than ever to the book give "We advertise away. through the Lions Club, with the object to get reading material into every home." Armitstead said that because the books are free, many people will have access to them, who may otherwise have not. Donated books are always welcome for this annual give away.

"This years event was a true success due to great team work done by the Community Activities Council," commented Linda Scaffidi-Fonti. "In addition, the new vendors and activities that participated also helped make this year one of our best celebrations ever!"



Tina Goldswer (left), of the Fort Plain United Methodist Church, helps 5-year-old Aubrey Hyney select a prize as Colleen Koch and Chelsea Koch assist.

Photos by Elizabeth A. Tomlin



Bob Perry, Jim Katovitch and Todd Smith covered the necessary jobs from planning to setting up the grounds and cleaning up the garbage left behind.



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## Donna's day: Creative family fun

Camp Mail Call

A yellowed 4-cent postcard surfaced from the bottom of an old shoebox stashed in our attic. A classic in time, it was sent before ZIP codes and eons before cellphones and snappy e-mail. The relic wasn't written by some great-grandparent, but by my "boomer" husband to his parents when he was off to camp for the first time at Round Lake in northern Minnesota at the age of 10.

I'm sure his parents were waiting patiently for news of the week. Was he healthy, happy, making new friends, missing his parents — but not too much? — all those concerns we have when our kids are away from home for the first time.

Well, here's what he wrote:

### "Dear Mom and Dad,

I wasn't going to write, but they made me write it or I couldn't eat dinner. Camp is really fun. We won volleyball and water polo today and now tied for second place. Well, now that I got this written, I can go eat.

## Love, Dean"

While we like to receive any word from our kids while they're away at sleepover camp, it's the campers who also like to hear their name at "mail call." Here are some tips:

• Write and send a note or two to your child's camp via U.S. mail a few days before he leaves home. Your child will be thrilled to hear from you the first day of camp. Keep the letters coming. They'll no doubt end up in a scrapbook (or shoebox) your child will treasure in years to come.

• If your child is a baseball fan, remember to send clippings of box scores of games missed while away, or send a favorite comic strip from the paper.

• Tuck in addressed envelopes, stamps and a pen to encourage your child to write home.

• If your child's camp will print out your e-mailed





letters, try not to overload the system.

There is a fine line between keeping in touch and letting your child feel independent and "away" from his typical "at home" routine.

Tip: A camp experience in the outdoors can positively impact a child. Consider sending a kid to camp by providing scholarship funds for someone who might not otherwise have resources. Contact a camp of your choice or your local YMCA directly to find out how you can sponsor a camper.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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## Making Vitamin D without sunlight

#### by Keith Roach, M.D.

**Dear Dr. Roach:** I have a question about vitamin D-3 pills. How does 400 mg fit into such a tiny pill? I also thought you needed sunlight to make vitamin D. — A.S.

**Answer:** Four hundred mg is very small. Most of the tablet isn't even vitamin D — it's starch and other materials to hold the tablet together.

The skin does make vitamin D-3 from precursors in the presence of sunlight. However, there are several factors that affect this process. During winter months at moderately high latitudes (above the line from Los Angeles to Atlanta), the sunlight might not be strong enough to efficiently convert enough vitamin D, so many are vitamin D deficient during winter.

People who don't go outside, who usually wear clothing and hats to cover their skin or who have darker skin are less able to create vitamin D. People over 70 also are less able to make their own vitamin D. This is why many foods are supplemented with vitamin D. Even so, a sizable proportion of the population has low levels of vitamin D.

There remains great controversy about whether supplementation will improve overall health. Studies are ongoing to test the effect of vitamin D supplementation to reduce fracture risk, improve muscle function or reduce cancer risk.

**Dear Dr. Roach:** You mentioned lupus in a recent column. Is there a connection between lupus and arthritis? — D.J.T.

**Answer:** Systemic lupus erythematosis (SLE) is a disease that can affect virtually any organ in the body, and usually affects several — often at the same time. The most common symptoms are fatigue, fever and weight loss. Skin

signs can be very specific, such as the classic "butterfly rash," a red, butterfly shaped rash across the nose and cheeks. Arthritis (joint inflammation) or arthralgia (joint pain) is present in 90 percent of people with lupus at some point in the illness.

The arthritis booklet discusses joint pain found in rheumatoid arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach — No. 301W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

**Dear Dr. Roach:** If you walk briskly for a certain time and distance, is that not just as good for you as jogging, if you are going for the same time? — A.

**Answer:** It depends on what you mean by "good." If you mean what I think you do, in terms of overall health and maybe living longer and feeling better, then yes, a brisk walk is nearly as good for you as jogging.

Jogging probably is better for preventing osteoporosis, since it gives more impact to the bones, but on the other hand it is harder on the joints. If your goal is to get faster and win races, then you need to practice going faster. But walking is nearly as good for most aspects and is easier on the body than jogging for most people.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu . To view and order health pamphlets, visit www.rbmamall.com or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2015 North America Synd., Inc.





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## Collecting

by Larry Cox Davy Crockett

**Q:** During the 1950s, Walt Disney sponsored the TV show "Davy Crockett" starring Fess Park. Davy Crockett collector cards also were published in a series of 84. Do these have a value? — Charles, Livingston, Texas

A: Your set is valued in the \$50-\$75 range, depending on condition. More than 500 Davy Crockett products were licensed by Disney, including milk glasses (\$8-\$25), frontier gun set (\$35-\$150), lunchbox (\$100-\$400), cookie jar (\$150-\$425) and litho button (\$15-\$55). All prices are from "Hake's Price Guide to Character Toys" by Ted Hake and published by House of Collectibles. That coonskin cap generally sells for about \$35.

Q: I have inherited a partial set of Depression glass in the Daisy pattern. It is crystal in color. Since I'm missing at least half of the set, I would like to contact others who collect

so I can purchase what I don't already have. Can you help me? I'm also curious about how old this pattern is. --Doris, Orlando, FL

A: The Daisy pattern was introduced by the Indiana Glass Company in Dunkirk, IN, during the late 1930s. It was produced until about 1985. It was made in amber (1940s), crystal (1933-'40), dark green (1960s-'80s), fired-on red (late 1930s) and milk glass (1960s-'80s).

There are several excellent references that might be helpful. I especially like "Warman's Depression Glass: A Value and Identification Guide" by Ellen T. Schroy and published by Krause Books. This guide spotlights more than 170 patterns and lists current market values for 10,000 items. The latest edition has been expanded with values that I think accurately reflect the present marketplace.

You also might contact the National Depression Glass Association, an organization that was founded in 1974 is and dedicated to the preservation of American-made glassware. A newsletter, "News & Views," is published for members. Contact is P.O. Box 8264, Wichita, KS 67208; www.ndga.net; and Dean Lowry, membership chairman, membership@ndga.net.

Q: I inherited a pedestal cake plate in Heirloom fine china by Georges Briard. It is from the 1940s, and I would like to know its value. — Ruth, Sun City, AR

A: I found your cake plate on eBay for \$40, which I think is fairly close to its value.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send email to questionsforcox@aol.com. Due to the large volume of mail he receives, Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.

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## DMV Vision Registry helps New Yorkers renew a driver license online, saving time and effort

Vision Registry has nearly 1,400 participating providers

The New York Department of Motor Vehicles (DMV) has reached nearly 1,400 participating providers in its Vision Registry program, which helps people speed up the renewal of their driver license without visiting a DMV office.

The Vision Registry helps New Yorkers find a location near them to take their vision test and have the results electronically transmitted to the DMV. After the provider enters an individual's vision test results into the registry, usually within 24 hours of the test, New Yorkers can renew their driver license online at www.dmv.ny.gov saving them time and effort.

"Our Customer Service Initiatives, launched under Governor Cuomo's direction a few years ago, have helped improve the way the DMV serves its customers," said Deputy Commissioner Gregory Kline. "The innovative Vision Registry service helps New Yorkers renew their driver license online without having to make a trip to a DMV office. This is another example of the State's effort to make government more innovative, efficient and easier to use for the people it serves."

New York State requires driver license holders to pass a vision test when they receive their New York State license and to have their vision retested when they renew their license. To pass the vision test, individuals must have 20/40 vision in at least one eye with or without corrective lenses.

The Vision Registry program has been in place since April 2013. Although people can visit a DMV office to take their vision test, they can also use the DMV's Vision Registry to find a location of a registered vision care provider. Many pharmacists and other vision care providers, some whom may charge a nominal fee, are enrolled in the registry and have authorization to submit an individual's vision test results into the DMV database. Alternatively, people can bring a vision test form to their provider for completion and renew their license by mail or online. Once a person completes a vision test, they have one year to renew a license.

The DMV recently released a video that provides more details on its Vision Registry.

View DMV on YouTube: www.youtube.com/user/nysdmv

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Or like us on Facebook: www.facebook.com/pages/New-York-State-Dep a r t m e n t - o f - M o t o r - V e h i cles/184996144862155

# Antiques & auctions... Going, going...yours!

## Preventing mildew other July gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Preventing powdery mildew, renovating strawberry beds, and protecting blueberries from birds, are some of the gardening activities for this month.

At the first sign of powdery mildew on phlox, bee balm, and other susceptible plants, treat with Serenade or other labeled fungicide, such as one with potassium bicarbonate (relative of baking soda). Spray plants every two weeks, or according to label directions if different, thoroughly wetting the foliage.

Now's the time when strawberry beds can become a mass of baby plants. Renovate the beds, controlling the runners, encouraging them to root where you want them. Keep the bed well mulched and watered.

Birds love blueberries as much as we do, so protect the fruit with netting. Use stakes to suspend the netting over the shrub so birds won't reach the berries. Secure the netting to the ground to prevent birds from sneaking in. Get your cover in place before the berries turn ripe.

Take just one-half hour every day to inspect the garden and pull weeds. Weeds really do sprout overnight and by next week they'll be towering over your tomatoes and annual flowers. A visit to the garden before work, or as soon as you get home, can keep the weeds in check.

Continue planting vegetables such as radishes, carrots, and lettuce so that you'll have a continual supply of these vegetables into the fall. Seeds will germinate quickly in warm soils, but so will the weeds. Be diligent about weeding, watering, and thinning your new seedlings.

Check tomato plants for large, green-striped horned caterpillars. A few can cause lots of damage, so hand pick and destroy them when found. Spray an organic pesticide containing B.t. (*Bacillus thuringiensis*) to control large infestations. If the caterpillars have white elongated eggs on their backs, leave them and don't spray. These are a natural enemy, such as from a parasitic wasp, which hatch and then parasitize other hornworms. FOR SALE

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Protect your squash vines from the squash vine borer. These clear-winged moths lay their eggs on the stems and the hatching larvae bore into the vines. causing the plant to wilt and possibly die. Apply a pesticide containing B.t. every 3 or 4 days during July and early August to kill hatching larvae before they enter the stems. A thin layer of wood ashes or moth flakes scattered around plants may discourage egg laying.

If these don't work on the squash vine borer, slit the vine stem where it is wilting and along it until you find the feeding grub. Remove and destroy the grub, then bury the end of the vine so that hopefully it will root and resume growth.

Summer is a great time to visit perennial nurseries to see what is in bloom, and add to your collection. There are many local specialists you can find online under Vermont Perennial Display gardens (pss.uvm.edu/ppp/vpdgli. html ). As virtually all plants you'll find are in pots, it is fine to plant them now, just add some compost at planting, mulch, and keep them watered.

Other gardening activities for this month include visiting open garden days, removing "sucker" shoots from tomatoes, finishing pruning of woody plants early in the month so any new growth will have a chance to harden-off before winter, and replacing hummingbird solution in feeders and water in bird baths every three to five days.



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## Lyme Disease advisory

Montgomery County Public Health wants to remind everyone that Lyme Disease is caused by the bite of a deer tick. You can reduce the likelihood of a tick bite by taking steps to protect yourself if you live in or visit areas with Lyme Disease activity.

In tick-infested areas. your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

Wear light-colored clothing with a tight weave to spot ticks easily. Wear enclosed shoes, long pants and a long-

sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.

Check clothes and any exposed skin frequently for ticks while outdoors.

Consider using insect repellent (Follow appropriate precautions and product instructions when using these products).

Stay on cleared, welltraveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.

Avoid sitting directly on the ground or on stonewalls.

Keep long hair tied back, especially when gar-

dening. Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.

ORIGINAL VALLEY PENNYSAVER

Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

Anyone who has been bitten by a tick should be watched closely for at least 30 days. Typical symptoms of Lyme disease include: fever, headache, fatigue, and a large, expanding skin rash that may have a bull's-eye appearance. If left untreated. infection can spread to joints, the heart, and the nervous system. Anyone who develops a fever or a rash after being bitten by a tick or spending time in tickinfested areas should seek prompt medical care. Most patients with Lyme disease can be treated successfully with a few weeks of antibiotics, especially if treated early.

Lyme disease prevention begins with recognizing the risks and taking action. For more information on Lyme disease, please visit www.cdc.gov/Lyme.

Like us on Facebook! Montgomery County NY Public Health Department

## **Bourbon glazed baby** Carrots

You can whip up this tasty side dish in no time with packaged peeled and washed baby carrots.

- 2 bags (16 ounces each) peeled baby carrots
- 1/4 cup sugar
- 2 tablespoons margarine or butter
- 1/2 teaspoon salt
- 1 tablespoon bourbon

1. In 12-inch skillet, heat carrots and 1 cup water to boiling over high heat. Reduce heat to low; cover and simmer 10 minutes or until carrots are tender-crisp. Drain: return to skillet.

2. Meanwhile, in 1 quart saucepan, cook sugar, margarine and salt over medium-high heat 4 to 5 minutes or until sugar and margarine melt and turn golden, stirring frequently.

3. Add mixture to carrots in skillet; stir in bourbon (sugar mixture will harden). Cook over medium-high heat 7 to 10 minutes or until sugar mixture melts, carrots are tender and glazed, and liquid evaporates, stirring. Makes 8 accompaniment servings.

\* Each serving: About 95 calories, 1g protein, 15g carbohydrate, 3g total fat (1g saturated), 2g fiber, 0mg cholesterol, 225mg sodium.

For thousands of triple tested recipes, visit our website at www.goodhousekeeping.com/recipefinder .

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- 3 cups fresh or frozen cut green beans
- 1/2 cup finely chopped onion
- 1 full cup diced extra lean ham
- 1 cup diced raw potatoes
- 2 cups water
- 1-1/2 cups fresh or frozen whole kernel corn • 1/8 teaspoon black pepper

1. In a large skillet, combine green beans, onion, ham, potatoes and water. Cover and cook over medium-low heat for 30 minutes or until vegetables are tender.

2. Stir in corn and black pepper. Continue cooking for 10 minutes, uncovered, or until corn is tender and most of the liquid is evaporated, stirring occasionally. Serves 4 (1 cup each).

\* Each serving: About 145 calories, 1g fat, 10g protein, 24g carb., 367mg sodium, 3g fiber; Diabetic Exchanges: 1-1/2 Vegetable, 1 Starch, 1 Meat.

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#### ORIGINAL VALLEY PENNYSAVER

## Real estate... New beginnings

## Now here's a tip

### by JoAnn Derson

• "Clean and save takeout food containers rather than purchasing commercial plastic containers. They are all the same basically, and you

prepare vegetables and store them front and center in your refrigerator. Plan your meals around the vegetables instead of the protein!

Send your tips to Now

Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. (c) 2015 King Features Svnd., Inc.



will not be at a loss if you need to throw one away, leave it behind or send leftovers home with a guest." — M.W. in Nevada • To preserve your battery life on your smartphone, remember to close out applications that you're not using. Shut down and restart your

as well. • "After you clip the coupons you want to keep from your Sunday paper inserts, pass them along to your neighbors. They may use different products and so may want your coupons!" I.L. in Georgia

phone from time to time

• "Got too many coffee cups? Add potting soil and a small flower to give as gifts to brighten someone's day!" — B. in North Carolina

• In a pinch, you can use liquid correction fluid to cover up nail holes in a white wall. Dot and smudge as it dries.

• Want to eat your nine servings of fruits and veggies a day? Keep fresh fruit out and in view to increase the amount you eat. Cut and otherwise





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workshops. 40x50 garage has 14' ceiling. Endless possibilities for any type of business with this property. Easily accessible to Route 20 and the NYS Thruway.







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## **Fort Klock hosts** local musical group, **Stone Soup**

On July 24, a group of local musicians, 'Stone Soup', will be performing in the Dutch Barn at Fort Klock. Come enjoy these popular musicans play a variety of original pieces, bluegrass, folk songs and familiar tunes.

Music starts at 7p.m. Bring a lawn chair for your comfort.

Refreshments will be available. Donations are appreciated and accepted.

Fort Klock is located one mile east of St. Johnsville. For more information call Fort Klock at 518-568-7779, email FortKlock@g-mail.com or visit www.fortklockrestoration.org.

## **Calendar of events**

NOTE: Calendar entries must arrive at the Original Valley Pennysaver office by the Wednesday one week prior to our Saturday publication date for them to included in the calbe endar of events. Send events to Lee Publications c/o The Original Vallev Pennysaver. 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or ekkellv@leepmail: ub.com

JUN 26 - SEP 20 Sampling Burchfield's

Wallpaper Arkell Visit Museum. www.arkellmuseum.org for

more information. JULY 1-31

#### Arkell Center Events for July

Arkell Center, Canajoharie,

NY. Arkell Center Programs for all area seniors during July are as follows: Monday-Friday: 11:45 am. OFA Meals of Montgomery Program serves hot meals, suggested \$3 donation for 60

and older. Call 673-2000 for reservations.

Mondays-Fridays: 10-12 noon. Arkell's Indoor Walking Program will continue. Seniors invited.

Mon, Wed & Fri: 10-10:30 am. Senior Exercise Program is in the basement. Open to all area Seniors. Coffee served after.

Wednesdays: 2:30-3:30 pm. Gentle Yoga with instructor Patty Pietrowicz in the basement. Open to all Area Seniors. Thursdays: 10:15 am. Join the Diet Club in the Gallery. The goal is to be accountable while losing or maintaining your weight. Call Grace 673-2112.

SPECIAL EVENTS July 22 & 29: 12:30-4 pm. Senior Citizens Pinochle Card Party, donation \$2, prizes & refreshments. If you would like to sub, call Terry at 518-673-5635

**July 28:** 11:15 am -12:15 pm. Blood Pressure Clinic. Home Health Care Partner's Corp. (Co-Sponsored by St. Mary's & Nathan Littauer Hospital). Home Health Care Partners Corp. also provides health and wellness information.

July 24: 12:30 pm. The Canajoharie Senior Citizens Club is holding their annual picnic at Arkell Center. Bring a dish to share and contact Dorothy Morrison for more info.

August 11 & Sept. 12: 9 am 3 pm. Defensive Driving/Point Reduction 6 hour course through the Shults Agency. Call for reservations 673-4408.

#### MEETINGS

\*Meeting for Alzhei-mer's/Dementia Caregiver Support Group CANCELLED FOR JULY. Next meeting will be Aug. 25.

#### 13th Annual Avres **Memorial Animal Shelter Golf Tournament**

**JUL 18** 

Club, 154 Golf Club Rd., Canajoharie, NY. \$75/person (non-member), \$55 (GCC member). 4 player scramble fee includes Coffee, juice & donuts at registration (7:30 am), greens fees & cart, tournament fee, donation to shelter, lunch after tournament. Tee time 8:30 am. Putting sponsored by Richard Euler Realty (\$250). For more information and registration contact the Canajoharie Golf & Country Club at 518-673-8183.

## Benefit for Denny Swartz

Canajoharie-Fort Plain Elks

Free Clothing Giveaway

Hwy. 5, one mile east of the Nelliston traffic light. 9-11 am. Doors open at 8:45 am. Refreshments will be provided.

#### Van Alstyne Homestead & Museum

Van Alstyne Homestead & Museum. 7-9 pm Safety Committee Meeting Reenactment. Open every Saturday from Memorial Day weekend to Labor Day weekend from 1-4 pm. On Internet at www.facebook.com/vanalstynehomestead

#### War Comes to **Tryon County**

Tavern of Goshen Van Alstyne, 42 Moyer St., Canajoharie, NY. 7-9 pm. A reenactment of the Tryon County Committee of Safety Meeting originally held August 25-27, 1775. Period re-enactors recreate political debate as guests enjoy our recreated 18th century tavern. The interactive presentation will let kids participate in the debate and drill with the new Tryon Militia. Tickets sold at the door, \$10 for adults and \$3 for children.

### JUL 18-19

#### Coon Hollow Engine & **Tractor Show**

K.C. Canary Classics, Rt. 29, midway between Vails Mills & Johnstown, NY. 9 am - 5 pm. Old engines, old tractors, old tools, anything old. Rain or shine. Vendors welcome. Primitive camping. Free admission. For more info call Ron Hudson, 518-993-2821 or Kay Offenborn 518-993-2962

#### JUL 19

Make Your Own Sundae Salem United Methodist Church, 1254 Stone Arabia Rd., Fort Plain, NY. 3-5 pm. \$4 donation.

JUL 22, 29, AUG 5, 12, 19 & 26

#### Learn To Meditate

Canajoharie Library & Arkell Museum, 2 Erie Blvd., Canajoharie, NY. 5:30 pm. Call 518-428-4692 or e-mail melaniep@meditateupstate.c om to learn more. RSVPs welcome.

### JUL 24

Concert by "Stone Soup" Fort Klock, 7214 NY 5, St. Johnsville, NY. 7 pm.

Music night at Fort Klock 7 pm. For more information visit www.fortklock.com or call 518-568-7779.

#### **JUL 25**

#### The Village of Ames

Museum Will Be Open 9 am - 3 pm. Visit our website at amesmuseum.weebly.com

#### Van Alstyne Homestead & Museum

Van Alstyne Homestead & Museum. Open every Saturday from Memorial Day weekend to Labor Day weekend from 1-4 pm. On Internet

www.facebook.com/vanalstynehomestead

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# Whatchamacallits

The two items pictured are good examples of multipurpose tools. The larger tool is called a crate hammer and it combines a pry bar, hatchet and hammer intro one tool. This tool was useful when it comes to opening and closing wooden crates. This tool was most likely used by many different workers, from the shipping yards of New York City Harbor to the boom towns along the Erie Canal.

The metal part of the handle is marked "Iroquois" and "PAT APPL'D FOR" on one side and "Bridgeport Howe Mfg Corp USA" on the other side. Both wooden pieces of the handle are riveted on and very secure. It measures 12 1/2" long.

There is a seam along one side of the hammer/hatchet

The two items pictured are good head which indicates that the xamples of multipurpose tools. head may be hand forged.

This characteristic, along with the style, point to the tool age being from the early 1900s. There are similar multi-function tools such as this which are slightly altered and therefore make them suitable for other uses such as camping and roofing.

The smaller tool is a cobbler/ tack hammer from the early 1800s. It is made of cast or forged metal on which there are no markings to provide further clues on the tool. This hammer has multiple uses like driving and pulling tacks, tracing hole patterns and it even has a boot hook and for pry bar use. It may have been used by shoe cobblers, tanners and blacksmiths.



Do you have your own Whatchamacallit? Send a photo and short description to bjaquays@leepub.com or call Branden at 518-673-0145.





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## Fort Klock Historic Restoration celebrates 2015 Independence Day

by Elizabeth A. Tomlin

"Friends, neighbors, family; it makes me very happy that you all are here," stated Gene Wagner, current President of the Fort Klock Historic Restoration, before reading aloud the Declaration of Independence during the 2015 Independence Day celebration. "Here we are again at the time of our nation's birthday, a time to remember; a time to reminisce."

The pouring rain that holiday plagued the stopped just in time for the reading - and did not deter the crowd of people, many who annually attend the event from downstate.

"There's people who were there that come year after year," Wagner said. "They come because they are sincerely interested."

Wagner says he has been president of the fort "off and on" for over 30 years - and involved for



tia followed the reading of the Declaration of Independence.



Dave and Darla Klock were joined at the 2015 Independence Day celebration by the Fort's 1st official President, Skip Barshied.

Photos by Elizabeth A. Tomlin



Fort Klock president Gene Wagner reads the Declaration of Independence at the 2015 event.

over 40. "You need to pass on what you know," he commented.

The original Fort Klock president, Willis "Skip" Barshied, was also on hand to take part in the festivities.

as a National Historic Landmark in 1973.

for 11 years. "I'm the only one of the original memstill

Barshied said, adding that Dave and Darla

Klock have also been in-

filled with the enticing aromas of roast chicken

and maple leaf corn bread — a delicious recipe made with maple

leaves and baked in the

that folks today don't realize how delicious food is

when cooked in the open fire and rely instead on

electric or gas stoves.

"They have a special

taste!" He extended many

Klocks for "doing such a

Wagner also commend-

ed the Militia, the folks in

the blacksmith shop and

all of the volunteers who

baked, cooked and served

to

the

compliments

good job."

commented

open fire. Wagner

volved for many years. Darla Klock kept the fires burning and the fort

Barshied was president

active,"

Fort

bers

food and ice cream. "I want to thank all of the volunteers," Wagner said. "Without them, none of this would be possible. Because of them we have a beautiful place here."

Located about one mile

east of St. Johnsville, Fort Klock is a memberowned, non-profit organization. Anyone interested in joining or donating may contact the fort at 518-568-7779 or FortKlock@g-mail.com .











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## Fultonville, New York's own Sawyer Fredericks to headline Chevy Court Concert at the Great New York State Fair

#### Winner of 'The Voice' competition to be joined by 'Voice' contestants Josh Batstone of Fulton and Amanda Lee Peers of Rochester

Sawyer Fredericks has had a whirlwind year — one that has taken him from his Montgomery County farm to the 2015 championship of the reality TV singing competition, "The Voice," and now, to the stage that's hosting the greatest free music lineup at any fair in America. Fredericks will give a solo performance on the Chevy Court stage at 2 p.m. Saturday, Sept. 5, during the Great New York State Fair, Acting Director Troy Waffner announced recently.

His tale is a modern twist on the American success story: A homeschooled, farm raised boy takes singing lessons to indulge his love of music. He sings at local fairs and farmers markets, makes a mark in a regional competition, and begins to record his own music. Talent scouts noticed his YouTube videos and invited him to try out for the televised music competition "The Voice." By the time he won the competition, Fredericks had set a record for having 14 singles on the iTunes Top 200 Singles Chart at the same time. He has sold nearly one million copies of his songs performed on "The Voice."

Opening for Fredericks will be two Upstate New Yorkers who also made a mark on national TV. Josh Batstone of Fulton made it to the battle round of "The Voice" this season, not bad for a young man who didn't join the school choir until ninth grade. Amanda Lee Peers of Rochester will also take to the stage, performing solo after being part of a band that opened for national touring acts. She also made it to the battle round of "The Voice" in season seven and recently released her first solo EP titled "Summertime State of Mind."



"We often say the New York State Fair is a showcase for the best of New York agriculture. New York farms always grow special things and in this case, an immensely talented performer in Sawyer who is clearly on his way to the top. Josh and Amanda may not have grown up on a farm, but they've cultivated their talents, **Fultonville c2** 



## Water Safety: Enjoy the water but stay healthy

Montgomery County Public Health wants to raise awareness about healthy swimming behaviors, including ways to prevent Recreational Water Illnesses (RWIs). RWIs are illnesses spread by swallowing or having contact with contaminated water in swimming pools, water parks, spas, interactive fountains, lakes, rivers, streams or oceans. Illnesses at aquatic facilities can occur in or out of the water.

> **Recreational Water Illnesses (RWIs)**

The best way to prevent RWIs is to keep germs out of the pool in the first place. Everyone can help create healthy swimming experiences this summer by following these six healthy swimming steps:

 PLEASE don't swim when you have diarrhea; • PLEASE don't swallow pool water;

• PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers;

• PLEASE take your kids on bathroom breaks or check diapers often;

• PLEASE change diapers in a bathroom or a diaper changing area and not at poolside; and

• PLEASE wash your children thoroughly with soap and water before they go swimming.

For more information about healthy swimming, visit CDC's Healthy Swimming website at www.cdc.gov/healthyswi mming

The water at the beach,

31

river or stream looks clean, but is it? You cannot be sure since the water can contain disease causing microorganisms that you cannot see but can be harmful to you. Different things, such as trash, sewage or animal waste, can pollute water. Swimming and swallowing unsafe water may result in minor illnesses such as sore throats or diarrhea, or can result in more serious illnesses. Pollution of water is common immediately after

rainstorms or long periods of rainy weather where bodies of water become overflowing and can contaminate each other. • Avoid swimming after

a heavy rain: • Look for signs of pollution such as murky color or evidence of floating trash and do not swim if there is evidence of this;

• Avoid getting the water you are swimming in close to or in your mouth;

• Avoid eating anything that may have come in contact with the water, or

water and sand toys; and • Microorganisms can also lurk on lounge chairs, picnic tables and walkways that have become contaminated with the polluted water, therefore wash your hands with soap and water before eating if you have touched any of these items.

For more information about illnesses you can contract from polluted swimming areas, visit www.cdc.gov/healthywater/swimming/rwi/illnesses .

## Fultonville from C1

too. This will be a very special show," said Waffner. The Fair has previously announced several shows for its 2015 series of free concerts at Chevy Court, a lineup that's garnering attention as perhaps the best and most diverse ever. Shows announced include:

- Everclear 2 p.m., opening day, Thursday, Aug. 27
- Rick Springfield 8 p.m., Thursday, Aug. 27
- Orleans & Friends with Barrere and Tackett 2

p.m., Friday, Aug. 28

- Melissa Etheridge 8 p.m., Friday, Aug. 28
- Dan & Shay 2 p.m., Saturday, Aug. 29
- Buckcherry 8 p.m., Saturday, Aug. 29
- The Swon Brothers 2 p.m., Sunday, Aug. 30
- Nate Ruess 8 p.m., Sunday, Aug. 30
- Bowzer's Rock N' Roll Party 2 p.m., Monday, Aug.

- Cole Swindell 8 p.m., Monday, Aug. 31
- The Oak Ridge Boys 2 p.m., Tuesday, Sept. 1
  Joe Nichols 8 p.m., Tuesday, Sept. 1
- Salt-N-Pepa 2 p.m., Wednesday, Sept. 2
- Snoop Dogg 8 p.m., Wednesday, Sept. 2
- Meghan Trainor 8 p.m., Thursday, Sept. 3
- Six Nations Day Celebration, with traditional

dancers and The Ripcords - 1 p.m., Friday, Sept. 4 • R5 – 2 p.m., Sunday, Sept. 6

- The Steve Miller Band 8 p.m., Sunday, Sept. 6
- Nick Jonas 6 p.m., Monday, Sept. 7

Concerts on Chevy Court are sponsored by Chevrolet. Chevy Court concerts are free with admission to the Fair.

The New York State Fair, operated by the New York State Department of Agriculture and Markets, runs from Aug. 27 to Sept. 7, 2015. The Fair's mission, reflected in its theme, "Summer's Best in Show," is to showcase the best of New York agriculture while providing top quality entertainment.

In addition to the annual New York State Fair, the Fairgrounds host dozens of agricultural events throughout the year, including some of the Northeast's most prestigious horse and livestock shows.

The home of the Great New York State Fair is a 375 acre exhibit and entertainment complex that operates all year. A year round schedule of events is available on the Fair's website. Find The Great New York State Fair on Facebook, follow @NYSFair on Twitter, and enjoy photos from the Fair at Flickr.com/photos/nysfair Also, New Yorkers are invited to send their ideas for the Great New York State Fair atstatefairideas@agriculture.ny.gov.

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## Watch out it's almost fair time

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20,000 Miles 2005 F250 SD Ext Cab 4x4 w/Fisher V-Blade Plow 2003 Ford F150 4x4 Supercrew, 79,000 Miles fair atmosphere. Not only are baby animals on display but also the larger ones, the ones that compete for blue ribbons in the show ring. Despite the outward appearance

with apparently healthy animals.

Not only are animals at fairs often incriminated but also those at petting zoos, roadside stands and the many other venpen, one perched with its front hooves on a rail, inviting attention. That kid (the four legged one) may be harboring intestinal parasites that, under the right circum-

feed or are licked by animals. The latter practice should be discouraged in the strongest possible terms. Transmission has also been associated with contaminated bedding, magic wand to cast over a compromised animalowner relationship. Few things are more predictable than a call from 4-H member in early July concerned about a skin

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Baby chicks may pose a problem.

of excellent grooming and good health, beauty sometimes can only be skin deep. Every year there are numerous instances of fairgoers becoming ill after contact ues where animals are displayed as an attraction to lure customers into a place of business. There are few things more predictable than a youngster wanting to pet a kid in a



stances, might infest the child. In most cases the route of infection in young children is the very direct hand to mouth route. This being the case, it is most important for parents to continually monitor such activity and insist on good hand washing after direct animal contact.

Today most fairgrounds have signage stressing the importance of good sanitation after handling animals but often they are not positioned where they can be readily seen or understood by visitors three feet tall. Intestinal parasites can be hiding in the hair, fur, feathers, scales and saliva of apparently healthy hosts which allows transmission when people pet, flooring, barriers, and contaminated clothing and shoes.

One exhibit that is always sure to draw a crowd is one featuring baby chicks being hatched. This great educational tool has much to offer to youngsters but it is not without possible negative side effects. There are several documented cases where children who have handled newly hatched chicks have contracted Salmonellosis from such contacts. Here again simple thorough hand washing would probably avert such problems.

There are numerous times in the life of a veterinarian in farm practice when he/she might wish that they might have a condition that has erupted on a calf that has been carefully halter broken and meticulously groomed for several weeks. A quick visual exam by an experienced eye will confirm the condition to be ringworm which will disqualify the showing of that animal at an upcoming 4-H county fair. All too often the infection will be found on the owner as well and here the practitioner must use considerable discretion and not overstep his/her bounds and offer a definitive diagnosis. The disease is generally self-limiting, but it can spoil an otherwise beautiful summer.

The recent (2011 and 2012) outbreaks of swine

## Watch from C4

influenza A (H3N2) at agricultural fairs have promoted some suggestions for prevention. Individuals with a high risk of developing serious influenza-related complications should totally avoid contact with swine at fairs. Measures should be taken to prevent the showing of pigs with clinical signs of disease at shows. Even pigs that appear to be healthy can carry variant influenza virus.

Sarcoptic mange is another aggravating pest that can infest numerous animal species including humans in which it is self-limiting. It may not persist but at the same time can cause several days of irritation and itching. In addition, it can be difficult to diagnose as its prevalence in humans does not place it high on the list of possible rule outs when a dermatologist is presented with a patient with an itch. Even the lowly flea is on the list of incriminated species. Not only can the bite of the flea cause an allergic reaction in some people but the fleas can carry a tapeworm species that can infect children if swallowed. Not only are there risks



It is most important for parents to continually monitor activity and insist on good hand washing after direct animal contact. Photo by Branden Jaquays

of contracting a variety of infections and infestations from animal exhibitions, but there is also the risk for possible injuries from bites, kicks and crushing-type injuries resulting from being pinned by an animal between it and a partition or wall.

Certain members of the fair going population may be at greater risk to animal borne diseases than others and members of appropriate fair committees should take measures to insure that these visitors are informed of their risks in the most responsible way.

Fair officials have an excellent opportunity to expand the educational role of their fairs by bringing some of the information regarding possible health hazards presented by animals to the attention of the fair going public. To take that one step further it is probably their obligation.







Loves to be petted but ....

#### **C6** • July 18, 2015

## Wedding favors and gifts everyone can feel good about

You faithfully recycle at home, use a refillable BPA-free water bottle and charge your smartphone with a solar recharger. When it's time to choose wedding favors for your own nuptials, or a gift for someone else's wedding, do you find environmental awareness taking a backseat to style? It doesn't have to. It's possible to give

wedding favors and gifts that are natural, responsible and useful — items that everyone can feel good about giving and receiving. Kitchen-related products commonly appear on many wedding registry lists, and creative couples often distribute small pieces of kitchen ware as favors to their guests. For gifts that are sustainable,

look beyond the pots, pans and dishes to the food itself.

Food-inspired wedding gifts

Many newly married couples will be setting up their homes together for the first time. They may already have the basics, but you can help them round out their kitchen with some useful

creative and practical, utensils they may not have realized they need.

For example, every cook can benefit from a well-stocked spice rack. Purchase an attractive spice rack and fill it with sustainably sourced, natural spices. Choose basic spices like versatile organic basil, cinnamon and garlic, then add in some exotic options such as garam masala (an allpurpose Indian spice), Himalayan pink salt or black sesame seed.

Making pizza at home can be a fun, easy meal for busy newlyweds. Put together a pizza-making kit, complete with a quality pizza cutter, a pizza stone for baking, a wedge of Parmesan, some baking yeast, and pizza seasonings like oregano, basil and garlic

purchase heart-shaped tea infusers and fill them with a variety of loose such teas. as chamomile, peppermint, Darjeeling, Earl Grey, or black, green or white teas. Accent the favor with a ribbon in your wedding colors.

Pepper is a ubiquitous seasoning in numerous cuisines from around the world. For a useful, wel-



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blend. Wedding favors they'll savor

If you're planning your own wedding, food favors can excite guests and fulfill your desire to be eco-friendly and creative.

Tea is a soothing and sophisticated beverage that can make a great wedding favor. Simply

Organic, sustainably sourced food gifts can be creative, fun and useful wedding favors and gifts - and a great way to show Mother Nature some love while you're celebrating your own love story. To learn more about sustainably sourced spices and seasonings, visit www.fron-

tiercoop.com.



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